

Asian Salad with Brown Rice and Sesame Ginger Dressing

by Smith-Hale College Preparatory School



Crispy salad of cabbage, carrots, red peppers, green onions and sugar snap peas marinated in sesame ginger dressing with brown rice and fresh romaine lettuce.

Ingredients

6 SERVINGS

3/8 c of Cabbage, Shredded
3/8 c of Red Cabbage, Shredded
3/4 c of Carrots, Shredded
3/8 c of Red Pepper seeded, chopped to bite size pieces
3 T of Green Onions, sliced
3/8 c of Sugar Snap Peas, cleaned and halved or cut in thirds
3/8 c of Newman's Low Fat Sesame Ginger Dressing
3/4 c of Romaine Lettuce, cleaned and cut into bite size pieces
1 1/2 c of Brown rice
3t of Sesame Seeds

50 SERVINGS

3 1/8 c of Cabbage, Shredded
3 1/8 c of Red Cabbage, Shredded
1 qt + 2 1/4 c of Carrots, Shredded
3 1/8 c of Red Pepper seeded, chopped to bite size pieces
1 1/2 c + 1 T of Green Onions, sliced
3 1/8 c of Sugar Snap Peas, cleaned and halved or cut in thirds
3 1/8 c of Newman's Low Fat Sesame Ginger Dressing
1 qt + 2 1/4 c of Romaine Lettuce, cleaned and cut into bite size pieces
3 qt + 1/2 c of Brown rice
1 1/2 c + 1 T of Sesame Seeds

Preparation

1. Mix cabbages, carrots, peppers, onions and peas in mixing bowl.
2. Toss vegetables in salad dressing to coat evenly.
3. Add rice and lettuce to the vegetable mixture just before serving and mix well.
4. Transfer salad to serving pans.
5. Top with sesame seeds and serve.

Note: Vegetables can be marinated in dressing overnight with rice and lettuce added just before serving.